

PROGRAM, ABSTRACTS, BIOS
Saturday May 20, 2023

8:30-10:00

Namaste Hall

USABP 2023 Pioneer Award Lecture

Bonnie Bainbridge Cohen, Founder of Body-Mind Centering®

10:45-12:15

Namaste Hall

USABP 2023 Lifetime Achievement Award Lecture

Don Hanlon Johnson, PhD

Saturday Afternoon Colloquium

1:30-3:00

Namaste Hall

Panel Presentation

Touch & Psychotherapy

Abstract: Touch is our first relational language, shaping our earliest experiences and supporting healthy attachment and bonding. Development, regulatory capacity and ability to connect internally and relationally with more ease and fluidity are supported by safe and attuned touch. Though Touch has long been taboo in traditional psychotherapy, our understanding of developmental trauma continues to grow, as does our understanding of how relational touch can support healing. In this panel we bring together licensed psychotherapists who teach and innovatively use safe psychotherapeutic touch. Topics of discussion include: Nuances of safety and attunement.

Moderator

Terese Gjernes, PsyD, SEP, CMTSE

Panelists

Aline LaPierre, PsyD, MFT, SEP

Dave Berger, MFT, PT, LCMHC, SEP, MA

Shirley Dvir, LMFT

Steuart Gold, MFA, MA, MFT

Bios:

Terese Gjernes, PsyD, SEP, Licensed Psychologist, CMTSE. Associate Professor and core faculty in Somatic Psychology at CIIS. Her work is deeply influenced by early development, movement and touch. She is trained in Kathy Kain's touch skills for trauma and in cranial-sacral therapy. She trained and worked at the Infant-Parent Program at UCSF and is endorsed as a Reflective Practice Facilitator II and an Infant-Family and Early Childhood Mental Health Specialist for ages

0-5 by the California Center for Infant-Family and Early Childhood Mental Health. Her work also draws from a lifetime of dancing and over 30 years practicing yoga, Authentic Movement and contact improvisation. She has a private practice, treating all ages in Berkeley, California.

Aline LaPierre, PsyD, MFT, SEP is the creator of NeuroAffective Touch® and founding director of The NeuroAffective Touch Institute, offering professional training in the therapeutic use of touch as a vital bridge to overcoming developmental trauma and integrating body and mind.

Aline is the co-author of “Healing Developmental Trauma: How Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship,” an essential guide for anyone seeking to heal complex PTSD, now published in fourteen languages. She taught in the Somatic Doctoral Program at Santa Barbara Graduate Institute for ten years. She is currently President of the United States Association for Body Psychotherapy (USABP) and Editor-in-Chief of The International Body Psychotherapy Journal. Trained as a psychoanalyst and bodyworker, her interest lies in building collaborative bridges between the somatic, psychodynamic, and psychoanalytic fields.

Shirley Dvir is the founder of Relational Somatic Healing and a Licensed Marriage and Family Therapist, and a PhD student at CIIS in somatic psychology, working on her dissertation on touch and psychotherapy. For over 10 years she taught as a Certified Hakomi Teacher at the Hakomi Institute of California, John F. Kennedy University, California Institute for Integral Studies, and Shiluv Center in Tivon, Israel. She supervised associates pursuing MFT licensure and currently mentors licensed practitioners. Her main work today focuses on healing relational wounds with safe embodied touch. Her spiritual practice and meditation support how she holds her work and her teaching

Dave Berger, MFT, PT, LCMHC, SEP, MA. Dave has over 40 years of practice as a somatic psychotherapist, physical therapist and bodyworker. He is senior international faculty with the Somatic Experiencing® Trauma Institute and one of five authorized to teach SE™ master classes by Dr. Peter Levine. Dave’s own Relational Bodywork and Somatic Education Training™ (BASE™) for trauma practitioners includes bodywork and somatic systems work in which students learn very detailed relational touch for individuals and working with small systems of couples and groups. He has been fortunate to study with many expert Semanticsists, including Marion Rosen, Paul Linden and Peter Levine. His present area of interest and expertise is in helping those traumatized by near death experiences, altered states of consciousness and chronic pain. His undergraduate work is in Somatopsychology (UMD). His graduate degrees are from Stanford (Physical Therapy) and CIIS (Somatic Psychology).

Steuart Gold, MFA, MA, MFT has worked in various aspects of the field of psychology for over two decades. Having come to the field after 25 years as a professional dancer, he integrates humanistic, psychodynamic theories and techniques within body-oriented methodologies. For 30 years Steuart has held numerous teaching positions with universities and institutes throughout North, Central and South America, Europe, Asia, and the Mid-East. His somatic psychotherapy private practice consists of working with individuals, couples, and families. As Clinic Director with CIIS' Center for Somatic Psychotherapy, Steuart provides clinical supervision,

designs and implements the training curriculum, and organizes community outreach programs. While practicing as psychotherapist, professor, clinical supervisor and Clinic Director, Steuart encourages an exploration of the body's central role in the development and ongoing experience of our lives. Steuart holds a Masters of Arts degree in Counseling Psychology (concentration in Somatic Psychology) from CIIS, as well as a Masters of Fine Arts degree in Dance from the University of Illinois and a Bachelor of Fine Arts degree in Dance from the Juilliard School. In addition Steuart is a certified massage therapist, a Rosen Method Bodywork practitioner and a Biodynamic Craniosacral Therapist.

1:30-3:00

Room: 311

Neurodivergent Somatics

Nyck Walsh, MA, LPC

Abstract: Neurodivergent Somatics: A Neurodivergent affirming, trauma informed, somatic model for working with Autistic & ADH clients

One of the most consistent and disturbing pieces of feedback that Neurodivergent (ND) clients, specifically Autistic and ADH*, report is that they have been harmed by previous ableist therapists. The therapy space should not be a source of trauma. This workshop presents the Neurodiversity movement's understanding that neurological diversity is natural and necessary to human populations. The historically dominant pathology paradigm reinforces the opposite: it posits that Autistic and ADH people are broken neuronormative people who need to be fixed, rather than whole ND people with a distinct neurotype. We will discuss the ways that the Autistic and ADH brain, nervous system, and body are unique, and how ND clients need Neurodivergent affirming, anti-ableist, somatic care that is based on three principles: Pleasure/Neutrality, Global Permission, and Client as Self Expert.

Bio: Nyck Walsh, MA, LPC has been a leader for 14 years in bringing somatic, anti-ableist, trauma informed care to Autistic children, adults, and families. As the founder and director of Nyck Walsh Counseling & Training Center, formerly The Infinite U, they currently provide somatic counseling for Autistic and ADH adults, and they train clinicians. Their work brings a compassionate and accurate lens to Neurodivergent people and has created a national following among clinicians wishing to expand their ability to serve Neurodivergent clients. Nyck graduated from Naropa University in 2015 with a degree in Somatic Counseling Psychology with a concentration in Body Psychotherapy. Nyck's identities include white, Autistic, queer, trans, and Jewish. As a somatic, anti-oppression counselor, Nyck understands how their sociocultural locations, both privileged and marginalized, inform their perspective and experience. They are deeply passionate about supporting late identified Autistic folx, especially helping people socialized as girls to unpack their lives through the lens of their unidentified and misunderstood Autistic experience.

1:30-3:00

Room: 306

Working Therapeutically Through the Body with Chronic Urgency in the Age of Climate Crisis, Racial Reckoning and Political Destabilization

Jill Leverage, MA LPC

Bio: Jill Leverage, LPC is in private practice in Boulder, CO. Jill works with individuals and couples and specializes in life transitions, self esteem and relationship issues.

1:30-3:00*

Room:560

The Evolutionary Purpose of Shame

Sheila Rubin, MA, LMFT, RDT/BCT & Brett Lyon, PhD, SEP, BCC

Abstract: We believe that unacknowledged shame leads to much conflict and violence in the world, both personal and political, and we are convinced that addressing shame directly and working to transform it will decrease hatred and misunderstandings and help the world be a more compassionate and just place. The idea of the evolutionary purpose of shame is different for each of us. Many feel stuck and may not know why. What if shame can be healthy? What if shame has the discernment we need to set boundaries and to grow? The research for shame is very personal and each student can learn their own internal shame map and have compassion to teach their clients to understand their own shame map.

In this workshop you will focus on using breathing and grounding to resource the client, become more aware of your own breathing and expand it in the process. Notice when the client goes into the shame posture. Learn how you can resource yourself so that you don't fall into somatic countertransference and take on the client's physical shame patterns. Learn to counter-shame the client. Use clues from somatic countertransference to identify the evolutionary purpose of shame. Explore how to keep your clients more present in the room with you and counter over-verbalization, dissociation, and freezing.

Bio: Sheila Rubin, MA, LMFT, RDT/BCT is a leading authority on Healing Shame. She co-created the Healing Shame—Lyon/Rubin Method and has delivered talks, presentations and workshops across the country and around the world, at conferences from Canada to Romania. Sheila has been presenting Healing Shame workshops with her husband, Bret Lyon, for over 10 years; she has been presenting workshops for therapists about working with shame, eating disorders, and child and family trauma for over 25 years.

Bio: Brett Lyon, PhD is the co-director, co-creator and facilitator at the Center for Healing Shame. Additionally, he has been a private practice clinician for over 40 years. Brett teaches at Pomona College, Tufts University and is faculty at American Academy of Dramatic Arts. Brett is widely trained in various somatic approaches and holds certifications in Focusing, Somatic Experiencing and he is a Board Certified Coach.

1:30-3:00

Room: 565

Cooking in the fires: An alchemical hermeneutic study of cross-cultural exchange

Shara Brun, PhD, LPC

Abstract: “In the Fires of Exchange” will be offered as a theoretical seminar that integrates focus on currents of effective research methodology for use in BP, while also addressing problems of appropriation and mitigating factors for such problems.

The seminar will center on participant observation fieldwork done in 2017 entitled “Cooking in the Fires: An Alchemical Hermeneutic Study of Cross-Cultural Exchange.” This exploration serves as an illustration/example of applying the process methodology of alchemical hermeneutics, as described by author Robert Romanyshyn (2013). This practice, along with the burgeoning field of heuristic research practice (Moustakas, 2010), is presented as a rigorous and ethic methodological option for doing research in BP.

Bio: Dr. Shara Brun (PhD, LPC) offers depth psychotherapy and clinical supervision through her private practice Resonant Self Counseling in Boulder, CO. She currently serves as an instructor in the Somatic Counseling graduate program at Naropa University, teaching subjects including research methods, professional orientation and practice ethics, and theoretical foundations in body psychotherapy. Shara’s training includes clinical study at the University of Colorado in Denver, the Boulder Psychotherapy Institute, and decades of study in music. She completed her doctoral study in depth psychology and somatic studies at Pacifica Graduate Institute, where her dissertation explored music in arts-based research and depth psychology. A book based on this dissertation is set to be published by Routledge in 2023-24. Shara especially enjoys inquiry focused on creative improvisation, cross-cultural transmission, and working to stretch academic form toward expressive and inclusive translation.

1:30-3:00

Virtual Recording Provided After Conference

An Embodied Inquiry into Eco-Social Justice After the Pandemic

Maria Prieto, MSME, RSME

Abstract: This paper studies the profound impact of COVID-19, the Ukraine war, and ecological tragedies on somatic symptoms and distress. It explores how a movement exploration-intervention, informed by qualitative research and interoception enhancement, may foster well-being, care, and synaptic plasticity. The research aims at envisioning integrative futures of ecosocial justice.

Bio: Maria Prieto (MScAAD, MSME, RSME, RSDE, MA, B&MArch) is a scholar and an ISMETA member conducting research in somatic psychology at the California Institute of Integral Studies. With research experience at Columbia University and The University of Manchester,

embracing somatics, anthropology, architecture, sociology, philosophy and science studies, Maria explores embodied ecologies of transformation and investigates ecosocial justice through embodied transdisciplinary inquiries. Actively involved in participatory ecosocial justice projects with international ecosocial movements and organizations, including Amnesty International, Extinction Rebellion, and Communities for Future, Maria aims to foreground the felt dimension of the embodied experience of deliberation in climate citizens' assemblies in Europe.

3:30-5:30

Namaste Hall

Panel Presentation

Movement Development, Embodiment & Embodied Relating: Reflections from A Study Group
with

Bonnie Bainbridge Cohen, Founder of Body-Mind Centering®

Moderator

Chris Walling, PsyD, MBA, SEP

Panelists

Theresa Silow, PhD, LPCC, SEP

Shirley Dvir, LMFT

Morgan Shepherd, MA, MFT, SEP

Bio: Dr. Chris Walling, PsyD, MBA, C-IAYT is Associate Professor in the School of Professional Psychology & Health at the California Institute of Integral Studies where he serves as Core Faculty in the Somatic Psychology program. He is the Research Chair & Past-President of the United States Association for Body Psychotherapy. Dr. Walling has previously served as Executive Administrator in the Department of Psychiatry and the Aging and Memory Research Center at the UCLA David Geffen School of Medicine and as Executive Administrator in the Departments of Physical Medicine & Rehabilitation and the Markey Cancer Center at the University of Kentucky College of Medicine.

Dr. Walling is a Clinical Research Fellow at the Traumatic Stress Research Consortium at Kinsey Institute for Research on Sex, Gender and Reproduction located at Indiana University, Bloomington and serves on their International Advisory Council. He also serves on the Research Committee of the Somatic Experiencing Trauma Institute and has assisted trauma therapy trainings in the United States, Canada, and Australia for many years. Dr. Walling has lectured throughout the world on the intersections of the psychophysiology, psychological well-being, and the mind-body connection.

Dr. Walling has presented at multiple conferences both nationally and internationally, including chairing the Alzheimer's Research and Prevention Foundation's Brain Health Symposium, and the Biennale Congress of the United States Association for Body Psychotherapy. His peer-reviewed works are published in the American Psychological Association's Journal of

Psychotherapy and the International Body Psychotherapy Journal. He is a member of the American Psychoanalytic Association, the American Psychological Association, and the New Center for Psychoanalysis, where he also serves on both the Faculty Committee and Diversities Committee. Dr. Walling also serves on the American Psychoanalytic Association's Committee on Gender & Sexuality. His clinical interests survey the fields of relational psychoanalysis, somatic psychotherapies, human sexuality, and trauma psychology. Dr. Walling maintains a private practice in Los Angeles, California.

Bio: Theresa Silow, PhD, LPCC, SEP- Professor and Core Faculty in the Somatic Psychology Concentration PhD Program at The California Institute of Integral Studies. She has taught in academic and private settings in Europe and the US for several decades. Her private somatic psychotherapy practice in Santa Rosa is informed by somatic, developmental, attachment, psychoanalytic, and trauma theories and practices. Theresa holds a PhD in Somatic Studies from The Ohio State University. She has explored Bonnie Bainbridge Cohen's work through various trainings and an ongoing study group for many years. Her study of embodiment informs her teaching, her psychotherapy practice, and her research.

Bio: Shirley Dvir is the founder of Relational Somatic Healing and a Licensed Marriage and Family Therapist, and a PhD student at CIIS in somatic psychology, working on her dissertation on touch and psychotherapy. For over 10 years she taught as a Certified Hakomi Teacher at the Hakomi Institute of California, John F. Kennedy University, California Institute for Integral Studies, and Shiluv Center in Tivon, Israel. She supervised associates pursuing MFT licensure and currently mentors licensed practitioners. Her main work today focuses on healing relational wounds with safe embodied touch. Her spiritual practice and meditation support how she holds her work and her teaching.

Bio: Morgan Shepherd, MA, MFT, SEP, Somatic Psychotherapist, and Tennis Coach. Morgan holds master's degrees in Counseling Psychology with a Concentration in Somatic Psychology and in Exercise and Sport Studies. His work focuses on the underlying principles that support health, development, and performance. Over the last ten years, he has studied and worked with Bonnie Bainbridge Cohen, integrating, and applying embodied anatomy and embryology principles into somatic psychotherapy and tennis. Other significant influences include Somatic Experiencing, Psycho-Physical Therapy, and Integrated Body Psychotherapy.

3:30-5:30

Room: 311

Transforming the Relationship with the Body Through Mindful Awareness in Body-Oriented Therapy (MABT)

Cynthia Price, PhD

Abstract: This workshop combines experiential learning and presentation of clinical vignettes and research findings specific to interoceptive awareness training for people in medication treatment for opioid use disorder with co-occurring trauma. Learning and practicing somatic

approaches can be challenging, particularly for individuals in substance use disorder treatment who have well-developed habits of experiential avoidance intensified by trauma, pain, and shame/stigma. Opioid use disorder and commonly co-occurring anxiety, depression, post-traumatic distress can lead to interoceptive dysregulation. This workshop presents the evidence-based mindfulness approach Mindful Awareness in Body-oriented Therapy (MABT) that helps people learn to attend to inner sensory/somatic experience, and to reduce avoidance tendencies. Also, the ability to manage daily stressors, and to engage in self-care of chronic conditions, is enhanced with body awareness as individuals can better listen for, trust, and attend to bodily cues about their physical and emotional well-being.

The techniques presented are integral to MABT, an approach that targets interoceptive awareness currently being studied as an innovative behavioral therapy during Medication for Opioid Use Disorder (MOUD) by Dr. Price through a NIH-funded HEAL Initiative clinical trial. This will be an interactive workshop and we will spend time on ways to develop, access, and assess inner body awareness. We will also discuss the integration and application of these techniques with people in MOUD, and others living with post-traumatic stress and/or chronic pain, based on our research and clinical experience.

Bio: Cynthia Price, PhD, MA, LMT is a Research Professor at the University of Washington and the Director of the nonprofit [Center for Mindful Body Awareness](#). Her clinical and research expertise is focused on interoceptive awareness and its role in health and well-being. She developed Mindful Awareness in Body-oriented Therapy (MABT), a mindfulness-based approach designed to facilitate interoceptive awareness and related skills for self-care and emotion regulation. Dr. Price's research is aimed at the study of MABT within community care, particularly for those in recovery from trauma, chemical dependency, chronic pain or other life stressors. She has co-authored two scales to measure interoceptive awareness: the Scale of Body Connection (SBC) and the Multidimensional Assessment of Interoceptive Awareness (MAIA). Cynthia is committed to increasing access to integrative health care for underserved populations through her research, teaching, and service

3:30-5:30

Room: 550

Trauma and Reconciliation: Coming Home to the Body with Breema

Angela Porter, LMFT, CATC, CMT & Carrie Gray, LMFT

Abstract: How do we each relate to that which we experience? What does it mean to reconcile, heal, digest, or integrate, and what is the role of the body in this process? Each of us is the expression of our individual experiences and histories, but also of our cultural and intergenerational legacies. We did not create many of the conditions with which we struggle, but our challenges can bring possibilities for listening in new ways, responding in new ways. This is where somatic psychotherapy can enter. As clinicians, how we engage ourselves as we engage our clients' traumas, can directly support our client's ability to transform their relationship with traumatic experiences or conversely, can reinforce the identification which keeps them bound. In this 2 hour workshop, we enter experientially into various dimensions of embodied relationship and explore how they inform this process we call therapy.

We will begin with individual and partner Breema exercises that support harmonizing body, mind, and feelings, nonjudgmentally, moving us from fragmentation and concept into experience and presence. Resonating with the holistic approaches of Bonnie Bainbridge Cohen (2012, 2018), Daniel Siegel (2010), Alan Fogel (2009), Judith Blackstone (2018) and others, Breema acknowledges the implicit wholeness of the body as a microcosmic expression of universal principles of wholeness and unity that exists in the present.

Bio: Angela Porter MFT, CATC, CMT is an addiction treatment specialist, and Marriage and Family Therapist specializing in group practice and work with other therapists. Trained in Gestalt, body-centered and Somatic Therapy at Esalen Institute, body-mind connection is primary in her work. Angela serves as adjunct faculty at both CIIS and JFK at National University's Graduate Psychology programs, as well as The Psychotherapy Institute in Berkeley. She teaches and supervises clinical interns in practicum at the Center for Somatic Psychology, and Associate MFTS with Eugene Porter at their non-profit Blackbird Institute, in Oakland. She maintains a private practice as a partner clinician at Greeting Health an Integrative Wellness Clinic also in Oakland. Formerly a program director at the New Bridge Foundation's residential substance abuse treatment program in Berkeley CA, and a group facilitator at Bayside Marin, Angela incorporated the principles and practice of Breema into her treatment curriculum with great success, working primarily with veterans, formerly incarcerated men and women, and clients with co-occurring mental health issues. A certified Breema Instructor since 1998, Angela travels internationally teaching workshops for therapists, MDs, nurses, midwives, teachers, and other healing professionals.

Bio: Carrie Gray, MA, MFT is a somatically-oriented, relational psychotherapist in private practice in North Oakland. As a Breema instructor since 2001, Carrie combines Breema's "art of being present" with training in Relational Somatic Healing, Hakomi, and EMDR. A former clinician at New Bridge Foundation in Berkeley, Crisis Support Services of Alameda County and the Women's Therapy Center in Berkeley, she specializes in working with couples as well as individuals, and she teaches self-care workshops to therapists and those in the helping professions. Carrie has degrees from Wesleyan University, California Institute of Integral Studies, and the Wright Institute, and is formerly an adjunct professor at California Institute of Integral Studies (CIIS). She is currently in a PhD program at CIIS in Somatic Psychology.

3:30-5:30*

Room: 307

Embodied Journeys: Somatic and Trauma-Informed Considerations for Psychedelic Assisted Therapy

Joshua Sylvae, PhD Virtual- Manuela Mischke-Reeds, MFT

Abstract: Manuela Mischke-Reeds (faculty at Hakomi Institute) and Joshua Sylvae, PhD (faculty at Somatic Experiencing International) will join together to discuss the burgeoning field of psychedelic-assisted therapy. Including a somatic focus in this work—as well as recognizing the importance of therapists, guides, and sitters being prepared for the possible emergence of

trauma—will be discussed. The presenters will report some of their own observations, including reflections on their work supporting the integration of psychedelic experiences with their clients. They will detail the contributions Hakomi and SE can make to successful work with psychedelics, emphasizing how to ground expanded states of consciousness in the body and support access to the here-and-now through the felt sense. Experiential exercises useful for the preparation and integration phases of this work will be introduced for attendees, and a space for Q&A created at the end of the presentation.

Bio: Joshua Sylvae, PHD brings a lifelong interest in health and healing to his work as a psychotherapist and educator. He has received training in many different approaches to therapy, but the model that influences his practice the most is Somatic Experiencing®. Joshua is a faculty member of Somatic Experiencing International. Joshua’s work educating clinicians also arises from his interest in helping to create a more just and healthful world.

Bio: Manuela Mischke-Reeds, MFT is a trauma expert and embodied- Dharma teacher. Manuela is a bestselling author and educator. She is the founding co-director and senior faculty of Hakomi Institute of California. Manuela provides consultation for global leaders, healers, organizations and executives.

3:30-5:30

Room: 565

Empowering the Next Generation: Teaching Somatic Movement Practices to Teens & Young Adults

Susan Bauer, MFA, RSME/T, RSDE

Abstract: Drawing from her book, *The Embodied Teen*, the presenter will introduce somatic movement practices she has developed and adapted over decades of working with youth to support them now and into adulthood. The practices presented help students reconnect to their sense of self, cultivating both self-assurance and self-care. In the words of one teen student: “I started out feeling very self-conscious in this class. I think I was afraid of my body. But being aware of what’s in my body and how I move makes me more at ease. Having the knowledge about my body allows me to be a little more confident.” Further, as they recognize their commonalities (such as that we all have a heart, lungs, and skeleton within us), students develop compassion for themselves and others. Just as important, they also begin to accept and appreciate their diversity. These core social-emotional skills are essential in building more inclusive and collaborative environments. In the words of Bonnie Bainbridge Cohen, “Susan Bauer offers educators a dynamic curriculum with clear guidelines for helping adolescents discover ways to enliven their sense of self, recognize and accept the diversity of others, and establish a base of lifelong habits for well-being. This book should be read by anyone who wants to create a trusting and enriching environment for teens.”

Gaining the capacity to facilitate somatic movement practices—in a way that is specifically adapted to the unique needs of adolescents and young adults—can be beneficial to

professionals in many fields, including psychologists, dance therapists, somatic educators, dance teachers, and a wide variety of mental health professionals. In this workshop, we will examine methods to skillfully invite students into somatic activities, scaffolding the learning so they gain confidence by building their capacity for embodied practice. Participants will first be guided in a sample movement exploration based in embodied anatomy, since enhancing their own embodied experience is central to the ability to teach the material. A brief presentation/discussion related to the specific pedagogy skills demonstrated follows, based on the presenter's "Eight Pedagogy Principles" for teaching teens. Workshop participants will also reflect upon their application to their own professional scope of work.

Bio: Susan Bauer, MFA, RSME/T, RSDE is a dance/somatic educator, the founder of Embodiment in Education™, and author of *The Embodied Teen: A Somatic Curriculum for Teaching Body-Mind Awareness, Kinesthetic Intelligence, and Social and Emotional Skills* (North Atlantic Books). A Fulbright Scholar, she has taught for over three decades in the U.S and Asia, informed by her extensive background in dance, Body-Mind Centering®, and Authentic Movement. She has a private practice as a Registered Somatic Movement Therapist, has served on the Board of Directors of ISMETA (International Somatic Movement Education and Therapy Association), and offers a 300-hour Embodiment in Education™ Teacher Training Certification Program for professionals. She has served as faculty at such institutions as Denison University, CIIS, John F. Kennedy University (JFKU), and University of San Francisco (USF) in the U.S, as well as at Taitung University in Taiwan. She has contributed chapters in several books, including *Dance, Somatics, and Spiritualities; Embodied Lives; and Essays on Authentic Movement, Volume 2*. Susan holds an MFA from the Department of World Arts and Cultures at UCLA and an MALS degree in Dance and Movement Studies from Wesleyan University. www.susanbauer.com; www.embodimentineducation.org; susan@susanbauer.com

3:30-5:30

Room: 304

Relevant Tools for Body Psychotherapy in the age of COVID

Mardi Crane-Godreau, PhD

Abstract: The COVID pandemic has challenged humanity in ways that are unprecedented in recent times. Social bonds, economic stability, and threat from an invisible and poorly understood pathogen, and more have undermined the sense of safety that is key to wellbeing. Polarization founded in dogmas entrenched reactive vs. reflective responses, in many instances exacerbating problems. While the height of infectivity has passed, the damage and pain linger and likely will remain a shadow over humanity for years to come. Body-psychotherapy in its various forms reaches beyond cognitive awareness into the whole person addressing the deepest trauma and stress. This whole person approach is uniquely appropriate to provide relief for the millions who continue to suffer from the pandemic. Clearly, the need for the skills and insights of body-psychotherapeutic practitioners has never been greater. In this presentation will present two toolkits/perspectives that I hope will be useful and relevant to enhance the skills and insights of therapists in dealing with these new challenges. The first is

a novel framework for understanding the causes and relevant treatment of Long COVID. The second, is to point to the use of the Preparatory Set in relevant situations

Bio: Dr. Crane-Godreau's interests include the integration of physiological systems, especially the immune and respiratory systems and their relationship to the autonomic nervous system. Trained in innate immunity and mucosal immunology, her current work involves addressing understanding the differential responses between those who develop serious illness and death from COVID-19 as compared to those who acquire the disease but are asymptomatic or have mild disease. In earlier research, she was instrumental in developing a model system investigating the effects of second hand smoke exposure under conditions of vitamin D deficiency. Dr. Crane-Godreau's current work includes research, writing and consulting. A blog on her insights into Long COVID can be found here: <https://longcovidjourney2wellness.substack.com/>

3:30-5:30

Room: 560

Post-Trauma Growth: A Clinical Demonstration

Steve Hoskinson, MA, MAT

Abstract: This clinical demonstration session provides the opportunity to see and experience the clinical approach discussed in “Somatic Evolution: Post-Trauma Growth as Inclusion”. Attendance at that seminar is not necessary to benefit from this workshop. Methods such as the Ericksonian frameworks called “the utilization approach”, including in strategic and family therapies, have called clinical attention to the necessity of a radically inclusive therapeutic framework. Furthermore, contemplative traditions that focus on here-and-now awareness, innate wholeness, acceptance and compassion provide guidance for the development of affective warmth and equanimity on the part of the practitioner. Finally, the interpersonal school of dynamic psychotherapy has detailed the vital significance of an informed use of an interpersonal free association context (H.S. Sullivan). Taken together, with a complex systems understandings of human biology, the Organic Intelligence® protocol heightens the human interactions that co-discover the client’s naturally occurring states of therapeutic growth. This growth is innate and inevitable, if the facilitator and client can dispense with the main agendas that the therapeutic community has implicitly embraced since the time of Freud.

Bio: Steven Hoskinson is the Founder, CEO and CCO (Chief Compassion Officer) of Organic Intelligence® (OI) and the nonprofit Organic Intelligence Outreach Institute. OI’s Human Empowerment And Resiliency Training (HEARtraining®) is an international personal and professional development training program using OI’s strengths-based, trauma-safe approach for resiliency.

Steve has trained thousands of trauma therapists, health professionals, mindfulness experts, and teachers. He presents at conferences worldwide, is Adjunct Faculty for JFK University’s Somatic Psychology program, a founding member of the Northern California Society for Integrative Mental Health and the International

Transformational Resilience Coalition, and he hosts the podcast series, “The End of Trauma.”

Among his most recent projects, Steve is the Executive Producer of Hindu Lunch Box by Turkish alternative group Powerdrunk.

Steve is a guest blogger for Somatic Psychotherapy Today.

3:30-5:30

Room: 306

Disappearing Act: Disabled Embodiment and the Haunting of the Biopsychosocial Model of Chronic Pain

Anna Kunin

Abstract: Chronic pain, illness and disability are clinically prevalent, widespread phenomena. The biopsychosocial model of pain has been broadly adopted as the dominant paradigm for understanding chronic pain in psychological and medical fields, which has been seen as a progressive advancement beyond dualistic biomedical models. However, neoliberal capitalist forces have steered the implementation of this model in ways that reduce the complex etiology of chronic pain to individual psychological and behavioral factors. This effectively disappears the somatic experience of sick/disabled people, thereby occluding the extensive biological, psychological, social and systemic harm of ableism. The paper offers a counter-perspective on chronic pain from a disability justice lens, laying out the literal life and death stakes of accessibility (especially during the pandemic age) as mediated by interlocking systems of oppression, including white supremacy. It explores both the limitations and possibilities of somatics to resurrect the disabled/sick body within the clinical purview and to support a client’s sense of agency within their experience of chronic pain. Towards that end, interventions that draw upon interoception, exteroception and proprioception are considered. The paper is at once a memorial to all those whose bodies have been exiled out of sight to sicken and die, a call to reflection and action on the part of clinicians, and an inquiry into the liberatory potential of sick/disabled embodiment in the therapeutic container and beyond.

Bio: Anna Kunin is a performance artist, cultural organizer and future therapist currently attending the somatic psychology graduate program at the California Institute of Integral Studies. They are a white, radical, queer, sick/disabled Ashkenazi Jew from Minneapolis (Dakota and Anishinaabe land) committed to collective liberation everywhere. They have over a decade of experience living and making work at the intersections of community building, art-making and the struggle for justice. They can be found asking inconvenient questions and stirring the pot.

Sunday May 21, 2023

8:00-9:30

Room 304

Body by Breath - A Vagus Voyage: An Embodied Tour of the Vagus Nerve and its Influence

Jill Miller, C-IAYT, E-RYT

Abstract: Neural flexibility. Neural resilience. Neuroscience. If these terms seem heady, this class will help you embody your brain's neural playground....your body. The vagus nerve is beloved by humans for being our chief parasympathetic (relaxation response) nerve. Learn how to access the three anatomical zones innervated by the vagus nerve, and how each zone affects state perception and quality of being. Explore novel breathwork exercises coupled with fascial based self-massage and positional release in order to feel the fascinating interplay of stimulating sympathetic and parasympathetic modes of being. Ultimately it supports your emotional regulation and processing to foster interoceptive acuity.

Bio: Jill Miller C-IAYT, ERYT, is the co-founder of Tune Up Fitness Worldwide and creator of the self-care fitness formats Yoga Tune Up® and The Roll Model® Method. With more than 30 years of study in anatomy and movement, she is a pioneer in forging relevant links between the worlds of fitness, yoga, massage, athletics, and pain management. Jill is known as the Teacher's Teacher, and has trained thousands of movement educators, clinicians, and manual therapists to incorporate her paradigm-shifting self-care fitness programming into athletic and medical facility programs internationally. As the creator of some of the world's best mobility tools, she has crafted original programs for Equinox, Golf Digest, 24 Hour Fitness, YogaWorks, and numerous professional sports teams. She and her team of 500+ teachers help you to live better in your body with an emphasis on proprioception, mobility, breath mechanics, and recovery.

Jill has presented at conferences and symposia worldwide in the fields of fitness, fascia, pain, athletic performance, yoga therapy and mental health. Jill is a former anatomy columnist for *Yoga Journal Magazine* and has been featured in *The New York Times*, *Wall Street Journal*, *Shape*, *Men's Journal*, *Good Housekeeping*, *Women's Health*, *Yoga Journal*, and *Self* and on the *TODAY*, *Good Morning America*, and the Oprah Winfrey Network. She is the creator of dozens of programs, including collaborations with Tom Myers, Katy Bowman, and Kelly Starrett, DPT. She is the author of the internationally bestselling book *The Roll Model: A Step by Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body* and her newest book, *Body by Breath: The Science and Practice of Physical and Emotional Resilience* [Victory Belt Publishing / February 28, 2023]. Jill is also a contributing author on the topic of self-myofascial release in the medical textbook *Fascia, Function and Medical Applications*. She lives in Los Angeles, CA, with her husband and two children.

9:30-10:30*

Namaste Hall

Closing Keynote

Claudia Cuentas, MA

Bio: Claudia Cuentas is a Peruvian artist, a researcher, an educator and a therapist (LMFT), specializing in the treatment and healing of trauma, cultural identity, and decolonization of healing. She is trained in Drama Therapy, Expressive Arts Therapy, Somatic Experiencing, and Trauma Informed Care. She also has extensive studies in Indigenous healing from her native Aymara and Peruvian lineages of South America.

Claudia started her journey as an educator and advocate of art as a tool for healing and liberation. In becoming a therapist at the California Institute of Integral Studies, she focused on serving immigrant communities, families and children. She has worked with undocumented families, refugees, homeless populations, and women survivors of violence, especially dealing with PTSD. She has completed parts A and B of the Multidisciplinary Association for Psychedelic Studies (MAPS) MDMA Therapy Training Program and is also trained in the use of Ketamine for trauma recovery. She continues to participate in ongoing training and education on the intersectionality of generational trauma, plant medicine science, eco-informed therapy, nervous system healing and indigenous knowledge.

Claudia currently has a private practice in Portland, Oregon. She is committed to providing ethical, educational, and integrated work to support indigenous, black, brown, and immigrant communities recovering from trauma. She is also a recording musician, a singer-songwriter, and the founder of the Canta Colibrí Project.

10:45-12:15

Room: 304

Conscious Energetic Touch for Healing Childhood Wounds

Wynn Tamura

Abstract: Most psychological patterns are the result of childhood wounding, which creates a split in the self between an Adult-self ("Self", "Authentic Self" or "True Self") and child parts. Most psychological issues can be understood to be a result of the Child-self being triggered and operating unconsciously, taking control from the Adult-self. Effective healing involves connecting to the Child-self and bringing the experience to awareness in a direct, visceral way. The Tamura Method, developed by Wynn Tamura for over 40 years, uses energetic touch that connects to the unconscious and surfaces body memories from the wounded Child-self. It sidesteps the adult's intellectualization and connects directly to the body's system while creating trust and deep attunement with the client. Releasing these unconscious patterns through the body is often experienced as a state of inner peace and self-acceptance.

Bio: Wynn Tamura: Wynn developed the Tamura Method over the course of his 40 years in practice, providing a blend of energy-focused counseling and bodywork. Over the years, many

of his clients were psychotherapists who wanted to go beyond “talk therapy” in order to create a deeper transformation. Wynn developed his unique style of energy bodywork blending Eastern and Western healing modalities, including Psycho-Physical Integration (Trager), martial arts, psychology, Zen Buddhism, and Taoism. In addition to his private practice, Wynn spent several years as head of somatic energy work in an alternative healing clinic, which combined different forms of psychotherapy, Chinese, and Western medicine. In the last 8 years Wynn has been training psychotherapists and other healers in his work through trainings and practice groups

10:45-12:15*

Room: Namaste Hall

Research in Body Psychotherapy: Successes and Failures

A Gathering of Prospective Researchers Within USABP: USABP Research Committee

Christopher Walling, PsyD, MBA, SEP, Research Chair & Past President, USABP

Bio: Dr. Chris Walling, PsyD, MBA, C-IAYT is Associate Professor in the School of Professional Psychology & Health at the California Institute of Integral Studies where he serves as Core Faculty in the Somatic Psychology program. He is the Research Chair & Past-President of the United States Association for Body Psychotherapy. Dr. Walling has previously served as Executive Administrator in the Department of Psychiatry and the Aging and Memory Research Center at the UCLA David Geffen School of Medicine and as Executive Administrator in the Departments of Physical Medicine & Rehabilitation and the Markey Cancer Center at the University of Kentucky College of Medicine.

Dr. Walling is a Clinical Research Fellow at the Traumatic Stress Research Consortium at Kinsey Institute for Research on Sex, Gender and Reproduction located at Indiana University, Bloomington and serves on their International Advisory Council. He also serves on the Research Committee of the Somatic Experiencing Trauma Institute and has assisted trauma therapy trainings in the United States, Canada, and Australia for many years. Dr. Walling has lectured throughout the world on the intersections of the psychophysiology, psychological well-being, and the mind-body connection.

Dr. Walling has presented at multiple conferences both nationally and internationally, including chairing the Alzheimer’s Research and Prevention Foundation’s Brain Health Symposium, and the Biennale Congress of the United States Association for Body Psychotherapy. His peer-reviewed works are published in the American Psychological Association’s Journal of Psychotherapy and the International Body Psychotherapy Journal. He is a member of the American Psychoanalytic Association, the American Psychological Association, and the New Center for Psychoanalysis, where he also serves on both the Faculty Committee and Diversities Committee. Dr. Walling also serves on the American Psychoanalytic Association’s Committee on Gender & Sexuality. His clinical interests survey the fields of relational psychoanalysis, somatic psychotherapies, human sexuality, and trauma psychology. Dr. Walling maintains a private practice in Los Angeles, California.

10:45-12:15

Room: 311

Somatic Maternal Healing: Bringing the Body into Perinatal Mental Health

Helena Vissing, PsyD

Abstract: This presentation will explain and concretize the principles of the Somatic Maternal Healing approach and demonstrate key clinical skills of nervous system tracking adapted to the unique needs of perinatal clients. Somatic Maternal Healing is a somatic and psychodynamic clinical model of trauma treatment in the perinatal period integrating somatic psychology, feminist psychoanalysis, and matricentric feminism. Built as a biopsychosocial framework, the model addresses psychological, biological, and sociological aspects of trauma in the transition to motherhood. Informed by developments in interpersonal biology, somatic psychology, relational psychoanalysis, and maternal studies, it assumes 1) the understanding of interpersonal neurobiology that the essence of psychotherapy lies in nonverbal, affective, coregulatory, bodily relational dynamics, 2) the understanding of relational feminist psychoanalysis that intersubjective capacity is an inherently conflictual developmental process originating in the “problem” of maternal subjectivity and the bodily foundation of the development of the self, and 3) the understanding of matricentric feminism that the patriarchal institution of motherhood produces dictates for normative mothering that are harmful because they undermine women’s personal potentials for mothering as an empowering expression of subjectivity.

Bio: Helena Vissing, PsyD is a licensed clinical psychologist, certified in Perinatal Mental Health (PMH-C), providing psychotherapy in private practice in Westwood, Los Angeles. She practices trauma-informed somatic psychotherapy as a Provisional Somatic Experiencing Practitioner. Dr. Vissing is Adjunct faculty at several graduate institutions, including Reiss-Davis Graduate School, Antioch University, and The Chicago School of Professional Psychology. She teaches Child and Adolescent Development, Treatment of Children and Adolescents, Psychodynamic Theories, and Maternal Mental Health. As training faculty for Maternal Mental Health NOW, Dr. Vissing also offers trainings and consultations for providers.

10:45-12:15

Room: 565

Balancing: Working with Subjective Experience Scales & The Autonomic Nervous System for Anxiety.

Antony Thier, MFT

Abstract: Balance is a key function of the Autonomic nervous system. Working with balance directly leads us into an experiential understanding of how we can directly influence and change

our subjective and lived experience of our nervous systems affected state. Working with balance is a primary tool to engage with and manage anxiety. Using subjective experience scales derived from EMDR techniques and balance exercises derived from training elite athletes, I have created a repeatable experiential set of exercises that allow one with anxiety to greatly increase their ability to influence and reorganize the experience of anxiety. During this experiential presentation I provide an explanation of both the neurology and techniques involved.

Bio: Anthony Thier, MFT is a licensed Marriage and Family Therapist. Antony has dedicated his career and personal practices in service to others; his multifaceted life experiences and studies support his therapeutic approach.

10:45-12:15

Room: 306

A Modern Scientific Basis for All Somatic Modalities

Raja Selvam, PhD

Bio: Raja Selvam, PhD is a licensed clinical psychologist (CA PSY30233), a senior trainer in Peter Levine's Somatic Experiencing (SE) professional trauma training, and the developer of Integral Somatic Psychology (ISP) with the practice of embodying emotions as its core clinical strategy. He is the author of the 2022 book *The practice of embodying emotions: A guide for improving cognitive, emotional, and clinical outcomes. His work is informed by multiple body psychotherapy approaches* (Reichian Therapy, Bioenergetic Analysis, Bodydynamic Analysis and Somatic Experiencing), bodywork systems of Postural Integration and Biodynamic Craniosacral Therapy, Jungian and Archetypal psychologies, Kleinian and Intersubjective schools of psychoanalysis, cognitive and affective neurosciences, quantum physics, yoga, Polarity Therapy, and Advaita Vedanta (s spiritual psychology from India). Dr. Selvam has taught for twenty-five years in nearly as many countries on five continents.

10:45-12:15

Room: 550

Why Neurodivergent-affirming Care is Critical for Somatic Healing Modalities

Elizabeth Brink, ACC

Abstract: Society demands that neurodivergent people ignore their needs and learn to perform "normal" from a very young age. As the pressures of life increase the overwhelm, anxiety, and depression follow. There are countless stories in the neurodivergent community chronicling misattuned therapists who do not understand how to connect with their clients. It doesn't have to be this way.

During the early years of the Covid-19 pandemic, many more people came to realize their challenges managing life were related to their neurodivergent brains rather than just their willpower and choices. Neurodivergent people deserve to experience care that affirms their lived experiences and honors their needs. We can utilize somatic modalities to affirm, embrace,

and serve this population of marginalized, hurting people in ways that are truly transformative. During this interactive session, Coach Elizabeth Brink will unpack common misconceptions about being neurodivergent and what is needed to support their healing. Participants will learn tangible ways they can more effectively partner with neurodivergent clients in somatic healing work.

Bio: Elizabeth Brink, ACC is a somatic coach for neurodivergent adults. Her approach integrates somatic trauma healing modalities with neurodivergent-affirming life coaching.

Elizabeth became passionate about embodied self-partnership as she noticed her clients shared similar painful patterns of rejection, cruel inner critics, and lifelong anxiety and depression. It became clear that strategies for better life management alone would not lead to lasting transformation and radical self-love.

Elizabeth works with clients individually, in groups within her online community The Enclave, and at her in-person retreat, Respite Together, cohosted with her two sisters.

Before coaching, Elizabeth enjoyed a career in marketing, operations, and employee engagement in several industries, including energy, big tech, and strategy consulting. She lives in Kansas City, Missouri with her spouse and two young kids.

10:45-12:15

Room: 307

The Anatomy of Self Awareness: An Embodiment Approach to the Deep Core Anatomy

Jim Freda, MA, LMT

Abstract: The human body is self-reproducing, self-organizing, and self-healing, but not without self-awareness. My argument is that there is a simple and intimate anatomical system, called the deep core, that provides that self-awareness. In what follows, I unpack this new, integrative structure as are source for trauma recovery and its involvement in both postural collapse and gentle, intentional somatic reactivation.

Bio: Jim Freda is a structural bodyworker and somatic social theorist focusing on the historical and cultural determinants of anatomy.

12:30-1:00

Namaste Hall

Closing Remarks

Aline LaPierre, PsyD, MFT, SEP, President, USABP

Mahshid Hager, MFT, Conference Co-Chair & Treasurer, USABP

Chris Walling, PsyD, MBA, SEP, Conference Co-Chair & Research Chair, USABP

1:00-1:35

Namaste Hall

Embodied Meditation: A Prayer for Our Times

Susan Aposhyan, MA, LPC

Bio: Susan Aposhyan graduated from the University of Virginia, Phi Beta Kappa, magna cum laude, in psychology and dance. She did graduate level work in psychology, biomechanics, and dance therapy at the University of Virginia, Boston University, and New York University. Simultaneously, she was involved in post-modern dance forms, both teaching and performing, as well as yoga, meditation, and various forms of bodywork.

It was the study of Body-Mind Centering, developed by Bonnie Bainbridge Cohen which allowed her to bring her interests of body and mind together into a cohesive whole. Body-Mind Centering is an experiential approach to anatomy, physiology, and early motor development. Bonnie Bainbridge Cohen has authored Sensing, Feeling, and Action. Susan is a certified practitioner and teacher of Body-Mind Centering. Body-Mind Centering clearly forms the basis of Body-Mind Psychotherapy. Susan wrote the forward to Bonnie's book, Sensing, Feeling, and Action.

After completing her training in Body-Mind Centering in 1982, Susan began developing Body-Mind Psychotherapy through both clinical work and teaching. Susan has worked with a wide range of clinical populations both in hospitals and agencies, as well as private practice. These populations and clinical issues include psychosis, autism, character disorders, bipolar disorder, obsessive-compulsive disorder, eating disorders, addictions, trauma, depression, anxiety. Beyond mental health concerns, Susan has assisted many individuals in their personal and spiritual development, as well as career and organizational growth issues.

Susan began teaching at the Naropa University in 1980. In 1990, she began directing the Body Psychotherapy Masters program at its inception. This was one of the first graduate programs in Somatic Psychology or Body Psychotherapy. She was the director of this program from 1990 until 2000. In 1999, Lippincott, Williams & Wilkins published her first book, Natural Intelligence: Body-Mind Integration and Human Development.